

## IN THE CLAIMS

Please amend the claims as follows:

1. (currently amended) A solid shear panel for supporting a building structure having a base support and horizontal overhead structure having a double plate, comprising:

an upper edge for positioning beneath the horizontal overhead structure, the upper edge is secured to the double plate with vertical bolts;

a lower edge for positioning upon the base support secured to a sill plate above ground level;

two side edges;

a plurality of vertically extending support posts having the same length and extending fully between the lower edge and upper edge, the vertically extending support posts each having a plurality of transverse holes extending at the same positions on each of the posts, the support posts extending immediately adjacent to each other such that the transverse holes are aligned between the posts;

two side plates that extend fully between the upper edge and lower edge at the side edges and press the support posts together into a solid unit between the side edges; and

a plurality of connecting bolts extending horizontally through the side plates and through the transverse holes of all of the support posts for holding the side plates against the support posts and the support posts against each other.

2. (canceled)

3. (currently amended) The solid shear panel as recited in claim 1 2, wherein each side plate has a pair of hold down flanges extending perpendicularly from the upper edge and lower edge, wherein the vertical bolts extend through the hold down flanges.

4. (original) The solid shear panel as recited in claim 3, wherein the support posts are constructed solid wood selected from sawn lumber, laminated wood, and engineered lumber.

5. (original) The solid shear panel as recited in claim 4, wherein the side plates are made of a metallic material.

6. (currently amended) A building support method, for supporting an horizontal overhead structure above a base support, using a shear panel having a plurality of posts each having a plurality of transverse holes, a pair of side panels, each side panel having hold down flanges extending perpendicularly therefrom at each of the upper edge and lower edge, and using a plurality of connecting bolts and nuts, comprising the steps of:

aligning the transverse holes of the posts by grouping the posts side by side;

positioning the side panels alongside the posts;

extending the connecting bolts through one of the side panels, through the transverse holes of the posts, and through the other of the side panels;

securing the posts together by securing each of the connecting bolts with a nut;

securing the side panels to the base support with vertical bolts by  
extending the vertical bolts through the hold down flanges;

securing the side panels to the horizontal overhead structure with  
vertical bolts by extending the vertical bolts through the hold down flanges;  
and

sheathing across the shear panel, covering the posts.

7. (canceled)